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The Medical Evangelist

LOMA LINDA

OCTOBER, 1912

CALIFORNIA

IF WE ONLY UNDERSTOOD

Could we but draw back the curtains
That surround each other's lives,
See the naked heart and spirit,
Know what spur the action gives,
Often we should find it better
Purer than we judge we should;
We should love each other better
If we only understood.

If we knew the cares and trials,
Knew the efforts all in vain,
And the bitter disappointment,
Understood the loss and gain—
Would the grim, external roughness
Seem, I wonder, just the same?
Should we help where now we hinder,
Should we pity where we blame?

Ah, we judge each other harshly,
Knowing not life's hidden force;
Knowing not the fount of action
Is less turbid at its source.
Seeing not amid the evil
All the golden grains of good;
Ah! we'd love each other better
If we only understood.

—Woman's Work.

MONTHLY Ten Numbers 50c A YEAR

CONTENTS

A History of Medical Work of Seventh-				
day Adventists	-	-	-	125
Eld. J. O. Corliss				
Pioneer Reformers	-	-	-	126
Opening of the College Year 1912-13				128
The Loma Linda Hospital	-	-		130
G. K. Abbott, M. D.				
An Antitoxin for Sin	-	-	-	132
He That is Greatest Among You Shall				
Be Your Servant	-	-		133
V. Hammond Lucas				
Editorials	-	-	-	134
A Needed Reform	-	-	-	141
W. W. Worster, A. M., M. D.				
Field Work of a Medical Student				142
A Medical Missionary Experience				144

The Medical Evangelist

Vol. 4

October, 1912

No. 8

A History of Medical Work of Seventh-day Adventists

[We are pleased to begin with this issue the series of articles on "The Development of the Health Reform Movement in this Denomination." It is intended that this shall be the beginning of a series which shall follow the health reform movement from its beginning in the denomination to the present time. This will be the first and only publication of the series, and we are expecting that it will form a complete history of our medical missionary efforts.

The first series of articles is entitled "Pioneer Reformers," beginning with the history of Eld. Joseph Bates and his connection with the denomination and experience in medical missionary effort. The early reformers were all-round men, as we might call them now, giving special attention to all lines of the message. The need of reform in diet and other matters pertaining to health was impressed very forcibly upon these pioneers in the message, and they took their stand firmly upon health principles, and ever heralded their convictions to the world in many articles on healthful living.

The second article is a continuation of the experiences of Eld. Joseph Bates in medical missionary work. Numbers three and four are experiences of Eld. J. N. Andrews and are full of important truths for this time. Number five gives the wonderful experience of John Byington in his restoration to health after years of suffering brought about by improper living. Number six is on the life, work, and experiences of Joseph Clarke in which he says: "To see the advantages of the system, we compare our past experience with the present. During the years of our ignorance, we paid doctors' bills sometimes amounting to \$100.00 per annum, were frequently involved in debt, hired nurses, etc.

"For seven or eight years (since we began to take the *Health Reformer*) our doctors' bills are nothing at all. Our food is plain and wholesome, and the digestive organs no longer groan under their burden. We do more work, have clearer minds, and

better control of the appetites and passions; seldom have an ache or a pain; our wounds do not become inflamed, but heal quickly.

"We have more time to read and pray and meditate; more time and heart to visit our friends, and more treasure to lay up in heaven, in the form of regular contributions, and occasional donations, to public and private charities. In short, we have concluded that hygiene is a part of true godliness."

Following this series of articles on "Pioneer Reformers," we are promised a series of articles by Mrs. E. G. White on the development of the health reform work among us as a people, the growth of our sanitariums, and extension of the work throughout the world by the aid of health reform principles.

We ask all who are interested in this line of work to assist us in placing this series of articles in the hands of all our people. This issue will be sent to a large number of our people and we ask you to send your subscription in as soon as possible so that you shall not miss any of these articles. In addition to the interest lent the journal by these articles, we are in hopes to improve the *MEDICAL EVANGELIST* from issue to issue and make it indispensable to our people who are anxious to keep apace with the development of the message.—EDITOR.]

Pioneer Reformers, No. 1.—Joseph Bates

J. O. Corliss

Divine forecasts have clearly indicated that earth's closing generation would be absorbed in eating and drinking, in surfeiting and drunkenness, even as were the people overtaken by the Noahic deluge. In recent years these excesses have become so marked that they are frequently referred to as a prominent sign of the close of the world's history.

But amid this general condition of things, there have stood out in bold relief some noble souls, who have not only abstemiously avoided these excesses, but who have sought to show others the advantage of abstemious practices. They have done this, not altogether from the standpoint of Bible teaching, but in addition to that, their testimony has been along the line of personal benefit.

Prominent among these reformers was Captain Joseph Bates. Reared in rugged New England, not far from historic Cape

Cod, the boy, when but fifteen years of age, began work as a sailor, leaving New Bedford in 1807 in the ship "Fanny," with a cargo of wheat for London. On the passage up the British Channel, a number of kegs of intoxicants were rescued by the seamen, and brought on board. Just what became of these is not revealed, but this being the boy's first contact with intoxicating beverages, the experience left on his young mind an impression that in after years was not lost in shaping his life's course.

Through a series of strange and startling experiences, the youth at the age of eighteen years found himself in Liverpool, England, where he was ruthlessly pressed into the service of the British navy. During the five years of this service, amid vice of every shade, many hardships were met, and some experiences from which he barely escaped with his life. At length, however, he was released through United States negotiation, from his unwilling service. Soon afterward, at the age of twenty-four, he trod the quarter deck of a merchant vessel in the official capacity of second officer. From this time his rise was rapid, and at the age of twenty-six, he was in command of a ship.

The responsibilities of this position caused serious reflection regarding the attitude a commanding ship's officer should maintain toward those amenable to his orders. He reasoned that one in authority should always remain cool and self-reliant in emergencies, and finally concluded that the only path to this end must be traversed in sobriety. He became somewhat startled and quite annoyed at the thought that for more than a year he had been in the habit of partaking of daily drafts of intoxicants. He then and there decided that his last glass of ardent spirits had been used, a resolution to which he strictly adhered during the remainder of his life.

Early in his experience as a captain he gave consideration to the matter of personal religion. At the age of thirty-two, while quite alone in his ship's cabin, in harmony with his stern, unbending methods, he drew up a solemn covenant in which were these words: "This day do I with the utmost solemnity surrender myself to Thee. . . . Let me be washed in the blood of Thy dear Son, to Whom, with Thee, O Father, be everlasting praises ascribed by all the millions who are thus saved by Thee. Amen."

(Continued on page 136)

Opening of the Fourth Year of the College of Medical Evangelists

The opening of the College of Medical Evangelists for the season of 1912-13 has been one of the most encouraging in the history of the school. No great enterprise can be started without experiencing many difficulties and having various hardships to encounter. This institution is not unique in that respect, for we are of course meeting many obstacles, but the way in which these have been overcome and are being met, and the success that has attended our efforts, are very encouraging.

To build up a thorough medical college at this time of the world's history, when there are so many institutions of this nature, and the effort is to restrict the number of medical colleges, is of course no small undertaking. It is recognized by all who are associated in this effort that if the object in establishing this school is to compete with other medical colleges in simply giving a medical education, there would be no call for a new institution to be started here at Loma Linda. The object, however, of establishing such a school is not only to give a thorough medical education but to fill the greater need for medical missionaries who shall go out and represent the work of the great Physician in healing the people and saying unto them, "The kingdom of God is come nigh unto you."

A source of great encouragement to those conducting the College at Loma Linda is the comprehension which all our students seem to be getting of the great object of this institution. As a people we are liable to let the great purpose of the denomination be obscured by the duties of life, and especially are we apt to forget this in planning for the life work of our young people. The great majority of those who come to this school do so with the expectation of preparing themselves for medical missionary work. It is necessary, however, to ever keep before the students the needs of the field, the object of our school, and the necessity of their ever keeping in mind the work for which our denomination stands. The conviction is deepening among students and instructors that even greater efforts must be made to furnish just the preparation that the Lord desires than has ever been made before. In Christ's life the healing of the sick was made a means by which He could

reach the people with the gospel. The matter of a preparation for engaging in the healing art must be made secondary to the work of carrying the message for this time.

ATTENDANCE

The attendance in the school this year is very good. With few exceptions all the students who were in the school last year have returned. It is a noticeable fact that but one student who had been in the institution heretofore has gone to another school for the remainder of the course and that was, as stated by him, because of the desire to secure a preparation for medical work in English territory. It is the hope, however, of the school that as good standing shall be secured for our students in British fields as is accorded any medical school in this country. This, however, with other recognition for our college must be a matter to be accomplished as the Lord desires and prospers us.

Where there has been any other dropping in attendance it has been because of financial reasons. A few of the former students have been obliged to remain out a year in order to secure sufficient funds to continue their work. This intimates the great need there is of a fund which could be loaned to worthy students to assist them in getting this preparation for service.

There are this year in the fourth year class seven members. These will finish their work in the school in one more year after this. The third year class consists of twenty members, the second year class is composed of seventeen members, and the new class just entering has nineteen members. It is a noticeable fact that our students represent a very large proportion of not only the United States, but other countries. The distribution of students this year is as follows: California 11, Nebraska 6, Texas 6, New York 4, Colorado 2, Michigan 2, Pennsylvania 2, Washington 2, New Mexico 3, Washington, D. C. 2, Illinois 1, Wisconsin 1, Oregon 1, Indiana 1, Ohio 1, Montana 1, Kansas 1, Minnesota 1, Iowa 1, Wyoming 1, New Jersey 1, Oklahoma 1, Canada 6, Japan 2, Switzerland 1, Australia 1, West Indies 1.

The medical students entering this year are: Hersel Butka—Texas, C. R. Campbell—Arizona, Mrs. C. R. Campbell—California, C. C. Davis—New Mexico, Ray Eads—Colorado, Irving

(Continued on page 137)

The Loma Linda Hospital

G. K. Abbott, M. D.

The matter of a hospital in connection with a college of medicine is one of great importance.

This hospital, the construction of the northwest wing of which has just been begun, is to be the teaching hospital of the College of Medical Evangelists. The need of such a hospital has long been appreciated by the workers at Loma Linda, but our people have been slow to step out on the instruction which was given in reference to the providing of needed facilities for the medical school. This instruction was given in a most definite manner in January of 1910. That all may be familiar with it we quote it here in full:—

“A STATEMENT REGARDING THE TRAINING OF PHYSICIANS

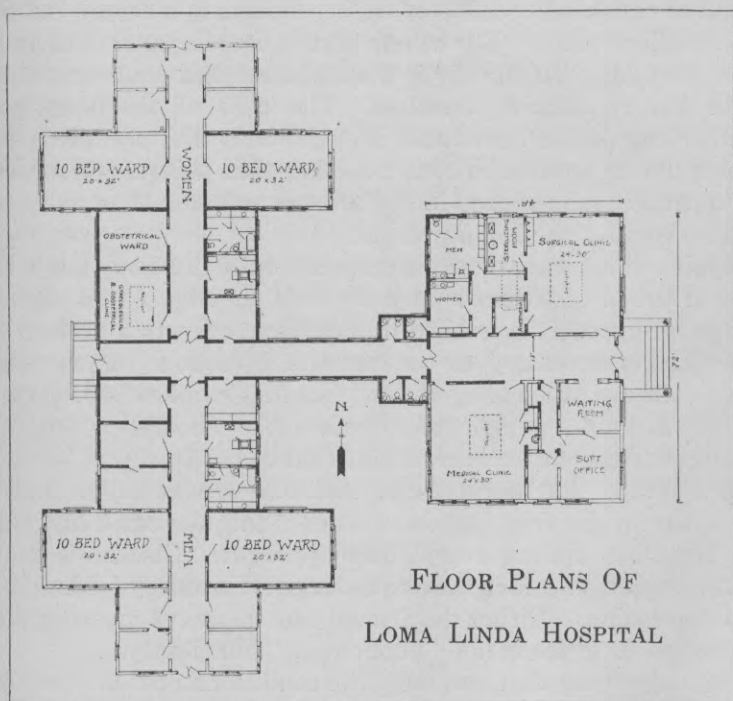
“The light given me is, We must provide that which is essential to qualify our youth who desire to be physicians, so that they may intelligently fit themselves to be able to stand the examinations required to prove their efficiency as physicians. They should be taught to treat understandingly the cases of those who are diseased, so that the door will be closed for any sensible physician to imagine that we are not giving in our school the instruction necessary for properly qualifying young men and young women to do the work of a physician. Continually the students who are graduated are to advance in knowledge, for practice makes perfect.

“The medical school at Loma Linda is to be of the highest order, because those who are in that school have the privilege of maintaining a living connection with the wisest of all physicians, from Whom there is communicated knowledge of a superior order. And for the special preparation of those of our youth who have clear convictions of their duty to obtain a medical education that will enable them to pass the examinations required by law of all who practice as regularly qualified physicians, we are to supply *whatever may be required*, so that these youth need not be compelled to go to medical schools conducted by men not of our faith. Thus we shall close a door that the enemy would be pleased to have left open; and our young men and young women, whose spiritual interests the Lord desires us to safeguard, will not feel compelled to connect with unbelievers in order to obtain a thorough training along medical lines.

(Signed) “ELLEN G. WHITE.”

EQUIPMENT

As far as material necessities are concerned there are three things absolutely essential for the giving of anything like an adequate medical training. The first of these is a laboratory building with facilities for teaching all the laboratory and fundamental branches of medical science; second, a clinical or teaching hospital in which the students may be given an experience in the diagnosis and treatment of disease; third, a dispensary for that class of cases which do not require hospital



care and which do not find their way into such an institution. Connected with both of these latter is what is called the out-patient department, in the work of which students visit the sick in their homes and examine and prescribe for them there. Not only are these the requirements of law, but they are positive necessities.

The College now has its laboratory and laboratory equipment. It has also secured a good out-patient clinic in which the stu-

(Continued on page 140)

An Antitoxin for Sin

There is a wonderful comprehensiveness in the assurance of holy writ that "Where sin abounds, grace doth much more abound." If this were not so, life could not long endure in this world.

This truth is beautifully illustrated in the workings of the human body. Disease is everywhere present, and the causes of disease are always at work. One of these causes is germ infection. These germs and their products are warring against our lives constantly. One of their products is a certain kind of poison called toxin. But when toxin abounds, antitoxin much more abounds. Antitoxin is a substance that counteracts the toxin and renders it harmless. The cells of the body react against any poison introduced into the body and produce a substance that is specific in counteracting that poison. Moreover, the antitoxin is produced in far greater amount than is necessary to combat the toxin present.

Again, when germs are introduced into the body the white cells in the blood, whose purpose it is to engulf and destroy germs, are greatly increased in numbers, even to a greater degree than is necessary to combat the infection. These white blood cells are called phagocytes (meaning swallowers). Where germs abound, phagocytes much more abound. So it is throughout the entire economy of God in all time.

The Word, the newspapers, and our senses tell us that we are living in the very last days when "Iniquity shall abound." The results of sin are everywhere apparent. Disease is multiplying despite the fact that knowledge of means of combating it is increasing. Either there must be a means of meeting these conditions or grace is not "abounding" sufficiently.

The only thing that can meet the conditions now in the world is the religion of Jesus Christ. The only way this can find its way to the seat of infection in every human heart in the world is by the methods that Christ employed and inculcated. His commission to the twelve disciples, to the seventy, and to all His followers when He left the earth was, "Go ye into all the world and preach the gospel." "Heal the sick and say unto them, the kingdom of God is come nigh unto you." This is the antitoxin, that the method of application.

It is said of Christ that He spent more time in healing the

sick, and ministering to the needs of the people, than He did in preaching the gospel. Seventh-day Adventists must learn to follow Christ's example in administering the grace of God for these times. The truth has been repeatedly impressed that every Seventh-day Adventist should be a medical missionary, seeking opportunities to do service by relieving distress and suffering among his neighbors and thus getting opportunities to say to them, "the kingdom of God is come nigh unto you; Christ is soon coming."

The special feature of health reform, physical healing, and natural treatments, combined with the preaching of the gospel, is one of the signs of the times. The remedy is at hand, the method is made plain, but where are those who will administer the treatment?

Not a year passes but nearly everyone of our neighbors is sick at some time. Here is an opportunity to minister to them and possibly bring the light of truth to them. No more appropriate means could be instituted than God has placed within our reach for getting access to the people. It must, however, be a personal matter. Individual effort is needed. Every man, woman, and child who knows the truth for this time can be a power in spreading the message if he will adopt Christ's ministry of healing.

May the Lord help us to make use of this great means of gaining access to the people, give us the love for souls that Christ had, and fill us with zeal to carry the message in His own way.

He That is Greatest Among You Shall be Your Servant

V. H. Lucas

This is an expression of one of the greatest and grandest truths ever committed to man, an expression of one of the most helpful principles of practical life the world has ever known. We find our own lives in losing them in the service of others. The master Teacher, that greatest gospel medical Missionary, Who in the hill country, on the lake shore, on the mountain side, as the multitudes gathered around Him, taught them these great truths of human life and destiny, the Lord Jesus said identically this when He repeated again and again,—“He

(Continued on page 141)

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W. A. RUBLE, M. D., Editor

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EDITORIAL

October 10 the noble prize for medicine, amounting to \$39,000.00, was awarded at Stockholm to Dr. Alexis Carrel of the Rockefeller Institute, New York.

A letter from Dr. A. C. Selmon, dated at Shanghai in September, states that he is sending to the Medical College some specimens for clinical microscopy to assist in the teaching of tropical diseases. Specimens of the parasites of tropical diseases can be used to great advantage. We shall much appreciate the help our medical workers in foreign fields may be to the College in these and similar lines.

There are two reasons the publishers have for putting forth the MEDICAL EVANGELIST. They feel that the time, conditions, and need are ripe for a publication whose exclusive mission is to conserve the interests of the *gospel medical missionary evangelist*, to foster the training of consecrated young men and women for this special field of service; and second, their fervid desire and sole effort is to spend themselves furthering this important object—their work is earnest heart service, based on the belief that it will reach the hearts of others.

An article by Dr. Cary Eggleston of New York in the *Journal of the American Medical Association*, October, 1912, should be especially interesting to those whose experience has caused them to doubt the utility of many so-called heart stimulants. In this article are listed in detail seven distinct and different deliterious effects of digitalis in its action on the heart. These observations are taken from well established facts, and the experience of the best authorities. Surely a remedy embodying so many therapeutic pitfalls should at least be given with extreme caution.

We wish to emphasize further the value of the series of articles begun in this issue under the heading, "A History of Medical Work Among Seventh-day Adventists." We have material for this series that has never come out in other form. Moreover, it will be a collection of interesting and profitable material for every Seventh-day Adventist to use in his medical evangelistic efforts. Especially should every person interested in medical missionary endeavor keep a complete file of these articles. We ask the leaders in our sanitariums in particular to see that this series is in the hands of each worker. It will be of great value in the future.

Malaria

A very interesting fact has recently been brought to light by the experimental work of Dr. C. C. Bass connected with the department of Tropical Medicine in the Tulane University. Doctor Bass has succeeded in cultivating the malarial parasite on artificial media. For successful cultivation this media must contain red blood cells, in which alone the parasites are capable of growing.

The interesting feature lies in the fact that when the parasites segment and escape from red blood corpuscles, they are immediately attacked by the white blood cells, when they are present. If it is desirable to cultivate more than one generation, the white cells must be removed from the culture medium as otherwise the parasites are immediately destroyed at segmentation.

It has long been known by those well informed in physiologic therapy that malaria may be cured by other means than quinin,—this means is the agency of the white blood cell. The accomplishment of this depends upon the number and activity of the white cells in active circulation at the time the parasites segment and escape from the red cells; i. e., just previous to the time of the chill. Now, this is accomplished ideally by the reaction to cold tonic treatment vigorously given with friction or percussion.

This view of the matter is maintained by no less an authority than Doctor Winternitz of Vienna and his school. In the writer's text on hydrotherapy, published in 1911, the principles and methods of such treatment are gone into in detail and quotations are given from the results obtained by different observers. The discoveries of Doctor Bass furnish additional laboratory evidence of the way in which physiologic therapy acts in this disease.

These same facts also reveal the reason for the failure of hot treatment, such as packs, etc., to cure malaria. Any general hot treatment at all prolonged lessens the number of white cells in active circulation by driving them from the peripheral blood vessels to the internal organs where they stagnate in an inactive condition and so the parasites multiply without hindrance.

After all, the white blood cell is an agent of far greater utility in the protection of the body and the cure of bacterial and parasitic diseases than any chemical substance ever can be. It will never occupy a place secondary to chemical and drug therapeutics.

G. K. A.

HISTORY OF MEDICAL WORK

(Continued from page 127)

By watchfulness and perseverance he broke up the habit of using profane language, and in 1822, he discarded forever "the use of that filthy weed, tobacco." "These victories" he declares, "strengthened and encouraged me in the work of reform."

A few years later, another reform was adopted. After retiring from sea life, he was invited to be an evening guest at the home of a neighbor. The tea served on that occasion was much stronger than what he had been in the habit of taking at home, and his whole system became so adversely affected from drinking it, that he was unable to sleep the night following until near morning. Believing himself to have been the victim of semi-intoxication, he then decided that tea was a harmful beverage, and so discarded its use. Soon after, coffee was renounced for the same reason.

These reforms adopted, not only did Captain Bates find himself improved physically, but his mind became clearer in moral things, and he began to look about for openings through which he might be a blessing to his fellowmen. As the anti-slavery crusade was then gaining prominence, he was led to give considerable attention to this question, and began to labor actively in behalf of the oppressed. So upon retiring from sea life, Captain Bates spent about twelve years in the advocacy of general moral reforms, after which his attention was called to the proclamation of the second advent message as preached by Elders William Miller and Joshua V. Himes. He believed the doctrines proclaimed by these two gentlemen, and in 1843 sold his property and went to preach the same message in the slave-holding states of the South. Regarding his dietetic habits at that time he says, "In February, 1843, I resolved to eat no more meat. In a few months after, I ceased using butter, grease, cheese, pies, and rich cakes."

The more closely Captain Bates adhered to the abstemious course he marked out for himself, the more receptive was his mind to moral reforms. Nothing that gave promise of physical or moral uplift, however trivial it might appear to some, was neglected by him. When diet reform was agitated in his neighborhood, he began early to investigate it, as he did every other reform, with all his heart.

Believing that the second coming of Christ was at hand, and that purity of life was required in preparation to meet the Saviour, he often spoke with much quiet emphasis upon the following texts:—

“Take heed to yourself, lest at any time your hearts be overcharged with surfeiting and drunkenness and cares of this life, and so that day come upon you unawares.”—Luke 21: 34

“And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them, and I will be their God, and they shall be My people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters, saith the Lord Almighty. Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.”—2 Cor. 6: 16-18; 7: 1.

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”—1 Cor. 3: 16, 17.

The strict principles adopted and adhered to by Captain Bates, while a sea-faring man, had so impressed themselves upon his heart, as to give their expression from his lips a most singular force of conviction to all who heard him. Yet after having set forth his views with freedom and boldness, even urging the importance of adopting them, Brother Bates was generous enough to leave his hearers to decide the matter for themselves.

(To be continued)

OPENING OF MEDICAL COLLEGE

(Continued from page 129)

Feldkamp—California, H. B. Groom—Pennsylvania, H. G. Hadley—New York, A. Holeton—New Jersey, James Hosokihara—Japan, H. James—Canada, D. James—Canada, H. Kaneko—Japan, Mrs. M. C. McReynolds—New Mexico, D. E. Nesty—West Indies, L. H. Ritzhaupt—Oklahoma, L. Swift—Nebraska, L. Winkler—California, A. D. Butterfield—Wyoming.

The Nurses' Training School has also started out very encouragingly. There are already in the new class twenty-five students. Four are taking special courses, and three taking the post graduate nurses' course. All of these young people, together with those who have been longer with the school, seem to be determined to make the work of carrying the gospel to the world the great aim in securing a training. The spirit that characterizes the students and the work as a whole in the school has never been better. All seem determined to unite in making the school just what the Lord would have it be in preparing workers for His cause. They seem to appreciate the necessity of a growth in grace, and of making our school meet the high standard that has been placed before us by the Spirit of God. On account of this there is a quiet, peaceful spirit prevailing in the class rooms, in the homes, and especially is it manifested in the devotional exercises at chapel and in the weekly devotional service of the students. This is a source of great encouragement to all who are working for the advancement of the institution.

The nurses who have entered the training class this year are as follows: Geneva F. Anderson—Montana, Selma J. Anderson—California, Carnig Apigian—Turkey, Ida L. Atkins—California, Ella I. Black—Michigan, Willian B. Dimon—California, Carrie Dorsch—California, Alice Forste—Missouri, Florence E. Forste—Missouri, Mrs. P. B. Hamilton—Nebraska, David A. Hamm—California, Frances Kein—Kansas, Rose G. Kein—Kansas, Henry Lam—China, Lorraine Lawrence—California, Grace H. Lynam—California, Gladice F. Nelson—Iowa, Ruth V. Rany—California, Ethel R. Santee—Illinois, Bessie Van Antwerp—Oregon, Theodore M. Weir—Idaho, Effie G. Wiseman—Nebraska, Julia B. Zahn—Wisconsin.

PROSPECTS

The prospects for the school never seemed brighter. It is true that some of the facilities are not being furnished as rapidly as we might hope. We have one of the best laboratories for teaching purposes to be found in the western part of the United States. In this all the work of the first three years of the course can be done exceptionally well. When it comes to the fourth and fifth years we feel the need of hospital facilities. This, however, is being furnished very satisfactorily this year

by the County Hospital which has been opened to our students. This places within our reach a large number of patients who are under observation of the students of the fourth year class. The clinical facilities about the institution are increasing as we are able to make use of them.

The hospital which is being constructed in connection with the College will be a great advantage to the school. Work is being pushed on this building, and we are in hopes to have it ready for use by the first of January. So with all the facilities for coming in contact with disease in its various manifestations that are open before the students of the school, they are getting an excellent experience.

Two new members have been added to the Faculty this year in the persons of Dr. W. W. Worster as head of the Department of Chemistry, and Eld. G. A. Snyder as Bible Instructor.

There is a greater attendance of patients in the Sanitarium than has ever before been experienced at this time of the year. This has been true throughout the past summer and the Sanitarium is doing remarkably well. Already almost every room in the institution is filled with patients, and the "season" as it is sometimes called, has not yet begun. It is difficult to tell what shall be done with the people that may reasonably be expected to be in attendance at the Sanitarium during the year. More improvements are being made in the institution which will make it possible to care for a few more patients than in the past, but even then it is certain present facilities will not be adequate for taking the proper care of all who shall come. The best care possible, however, will be given to the patients who come here for help.

As a whole the work at the institution is going on most encouragingly. The hand of the Lord is apparently working for the school at every turn and all are very much encouraged to press forward in making the College of Medical Evangelists, and the Sanitarium connected with it, one of the best institutions in our denomination in preparing workers for the harvest field, and giving them a preparation which will best fit them for service. We need the prayers and support of our people throughout the world, and again pledge ourselves to do everything in our power to prepare the young for efficient service for the Master.

LOMA LINDA HOSPITAL

(Continued from page 131)

dents are obtaining an excellent experience. Through the courtesy of the San Bernardino County Hospital regular clinics in internal medicine and nervous diseases are held in its wards twice weekly. But this does not give the students the necessary experience in the *treatment* of disease.

As yet the College has no place where the students may be trained in *rational physiologic methods*, a place where they may follow from day to day the results of treatment and thus become skilled in efficient therapeutics. Every Seventh-day Adventist recognizes this as the most essential element in the medical work of the institutions of this denomination. The Sanitarium at Loma Linda can help in this to only a very limited extent because of the wealthier class of patients it receives. Because of the expensive plan of most all of our sanitariums they can receive only a very small number of poor people. Even the poor of our own denomination often seek other places because they are financially unable to pay for sanitarium care. It is necessary to have a hospital where the poor and needy may come and be treated at rates within their reach. We are constantly turning away persons of this class because we have not as yet the facilities with which to care for them.

In such a hospital the patients would obtain a very superior grade of attention because of the constant attendance of skilled professors and the attentive watchfulness of senior (fifth year) students whose work as internes is directed by these clinical teachers.

Will not our people arouse to these pressing needs and say to the workers at Loma Linda, "Build your hospital without delay"? This means substantial encouragement in the form of donations, legacies, etc. The estimated cost of construction of this hospital is \$16,000.00, and the equipment will cost \$4000.00 more. If every Seventh-day Adventist would give as the Lord has prospered him, this amount would be raised in three months' time. To a people who have invested in other educational institutions the total sum of \$2,115,806.27, and in sanitariums \$3,368,041.46, this is surely but a small sum. And yet there is not among us another school of this character, nor as yet a single hospital like that proposed, where the poor may receive adequate medical care at rates within their reach. We appeal to you again. Will you not arise and help, and that without delay? Surely God's blessing will be manifest to all liberal hearted souls whose hearts stir them up to assist in this work.

(Address communications and send gifts to College of Medical Evangelists, Loma Linda, Cal.)

HE THAT IS GREATEST AMONG YOU SHALL BE YOUR SERVANT

(Continued from page 133)

that is greatest among you shall be your servant;" and His whole life here on earth was but an embodiment of this principle of truth, with the result that He in His life work, healed the sick, clothed the naked, befriended and aided the poor, bound up the broken hearted, sustained the faltering and the weak; condemned the proud, the vain, the selfish; and through it all taught the people to love justice and mercy and service. The more of our life's service we give to others, the fuller and the richer, the more beautiful and the more happy our own lives become. How often did the Master say, "I seek not to do mine own will, but the will of the Father Who sent me." Here is our great example of life, of purpose. The same has been true of all the prophets, the seers, the sages, and the leaders of the world's peoples.

Much has been said to young men and women today about success in life. It is well, however, always to bear in mind the fact that there is a success which is a deplorable failure; while there is a failure which is a grand and noble and Christ-like success; and one crying need of these closing days of our great work is that these people be taught the true dignity and nobility and power of such a failure,—such a failure from the world's viewpoint, but such a success in the eyes of God!

When this real lesson is taught and learned, these students with a firm and steady hand will be able to hold the lighted torch of true gospel medical missionary reform high up among the people; and, too, they will be those whom the people will gladly follow, for they will be able to both speak and perform with authority the gifts of God, true sons of God, true brothers of men.

A Needed Reform

W. W. Worster, A. M., M. D.

Some fifty years ago Seventh-day Adventists adopted certain health principles which were designated as health reform. They were excellent and thousands of individuals are now enjoying good health as a result of their practice, who otherwise would have been denied the blessing. These principles were considered to be heaven sent, given for special purposes, —

first, that those who adopted them might enjoy good health; second, to aid in carrying to the world the gospel of health as well as of salvation. Seventh-day Adventists should be the head and not the tail in matters of health principles.

Have these purposes been accomplished? They have to a certain extent, but not as they should have been. Some have ignored health principles entirely, others have gone into extremes regarding them, and still others have run them into commercialism. But the principles still stand as true as ever.

Our sanitariums in the main have stood as exponents of these principles, but the people as a whole have had a varied experience. Others not of this faith have arisen and are giving the health trumpet a certain sound, and if we are not careful we will be left in the rear, although it is our privilege to be in the lead. What was formerly given in the abstract science is now given in the concrete. Let us now take both the abstract and the concrete and push the battle on to certain victory, always remembering the danger of extremes.

Many have narrowed down health reform until it has lost all of its significance except as it pertains to dietetics. This was amply brought out in last month's issue—"Present Truth in Health Reform." Still others narrow down healthful living to the non-use of flesh foods. How often has the writer heard such remarks as the following: "He is not a health reformer," meaning that he has not wholly discarded flesh foods. In many instances the one branded as a non-reformer is living up to more reform principles than the one who styles himself a reformer simply because he has wholly discarded flesh, regardless of the other principles of his life.

Let us be consistent. Let us now look at health reform in its true light and push the whole reform, avoiding extremes. Remember also that what is health reform to one may not be so to another.

In future issues we will take up different phases of healthful living and compare in simple language the "original principles" with the voice of science.

Field Work of a Medical Student

For several years Mr. Edmond C. Jaeger, a young man about twenty-five years of age, has been actively engaged in presenting health principles to the students in public and high schools

of Southern California. While engaged in this work, he felt the need of a better knowledge of medical subjects, and last year matriculated in the College of Medical Evangelists and entered upon the medical course. At the same time he is carrying on his studies, and during vacations he spends much time in a systematic course of lectures conducted in the schools of San Bernardino county and in cities and towns in this part of the state. He is at present on one of these lecture tours. From a recent number of the *Pasadena Star* we quote:—

“In his talk yesterday on the use of tobacco, Mr. Jaeger says:—

“There is a habit among the sons of men which is becoming well nigh universal. They seem to take to it like ducks to water; the devotees claim it is pleasant to engage in, great, heroic. Would you know it? It is the tobacco habit.

“I can not understand the use of tobacco. Time was when mothers rolled up bits of sugar in a cloth and gave it to young infants to suck to soothe the pains of nature. Nowadays our young men roll up bits of dead leaves in a paper for the same reason. The use of tobacco by young men is positively harmful. The soothing effects which it seems to have on the complaining of nature are false. The after-dinner cigar simply smothers the aggravations of a poor digestion, and in the end brings about real functional disorders. Cigarette smoking is all right until nature begins her foreclosure proceedings, then Beelzebub himself, prince of lawyers, can not save you. You go to the Devil's auction.

“Tobacco in any form, and at any time of life, has a tendency to bring on high blood pressure, hardened arteries, and other symptoms of old age. It brings on just the conditions favorable to apoplexy; the increase of paralysis is proportionate to the increase in the use of tobacco.

“A man never realizes what a hold this habit gets upon him until he tries to give it up. But there is an opportunity for all who are really concerned in giving it up, to have their appetite and hankering dispelled. Dr. D. H. Kress, a man internationally known, recommends a fruit diet for several days together with the use of the electric light baths, and a subsequent non-stimulating diet, as a cure. But you never need expect your craving for narcotics to disappear unless you adopt the non-stimulating diet. When men eat veritable mustard plasters in the shape of red-hots, mustard dressings, and the like, they are sure to have bad feelings in their stomachs, which call for reliefs. Poor diet and intemperance go together. In the University of Utah a professor has just completed the only real scientific test regarding the effects of tobacco on groups of students. He took 202 men from fourteen universities. His conclusions were these as given in the last *Popular Science Monthly*:—

““Only one-half as many smokers as non-smokers are successful in the try-out for football squads.”

““In the case of able-bodied men, smoking is associated with loss of lung capacity amounting to practically ten per cent.”

““Smoking is invariably associated with low scholarship.””

This brings to our mind a large field of operation for young people who have a knowledge of medical subjects in coming in touch with young people in the high schools and colleges throughout the land. These subjects are always acceptable, and teachers and superintendents of schools are glad to have such lessons impressed upon their students.

We sincerely hope that many of our young men and women of the College of Medical Evangelists will aspire to such work and will make thorough preparation for it. We are glad to have such work as this being done by one of our students, and certainly wish Mr. Jaeger much of the blessing of the Lord in his efforts.

A Medical Missionary Experience

While engaged in field work, as wisely prescribed in our course, I was told of a young woman who was in the last stages of tuberculosis. I called at the house and found that the patient was a Catholic. She knew she was soon to die but was terrified at the prospects of having to spend years upon years in the flaming fires of purgatory to expiate the temporal sufferings due to her sins as well as to atone for venial sins committed in this life.

She had been saying her rosary beads over and over again, but to no purpose. She was on the verge of despair so that her mental agony far exceeded her physical sufferings. I opened the Bible and let her read the texts on the unconscious state of the dead, showing her that the doctrine of purgatory had no foundation in the word of God. I then pointed her to the "Lamb of God, Who taketh away the sins of the world," and left her resigned to God's will and trusting in His tender mercy which is above all His works.

On my succeeding visits I spoke to her of the love of the Saviour for sinners, and of the mansions prepared for those who love Him; of the beauties of the heavenly Jerusalem; of the resurrection of the just; and of the soon coming Saviour. Her happiness and peace of soul knew no bounds as she contemplated these heavenly truths. As she meditated upon these things her confidence in God was established, her fears vanished, and faith and hope and love gave her courage to bear with Christain patience her trials and sufferings. Visiting the sick is a spiritual work of mercy which affords precious opportunity of bearing words of saving grace to sin-sick and perishing souls.

L. M. WHITE, B. A., Fourth-year Medical.

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